

# 13

## Being Sexual: An Illustrated Series On Sexuality and Relationships

AIDS

^ AIDS

By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

## BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

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The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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# AIDS

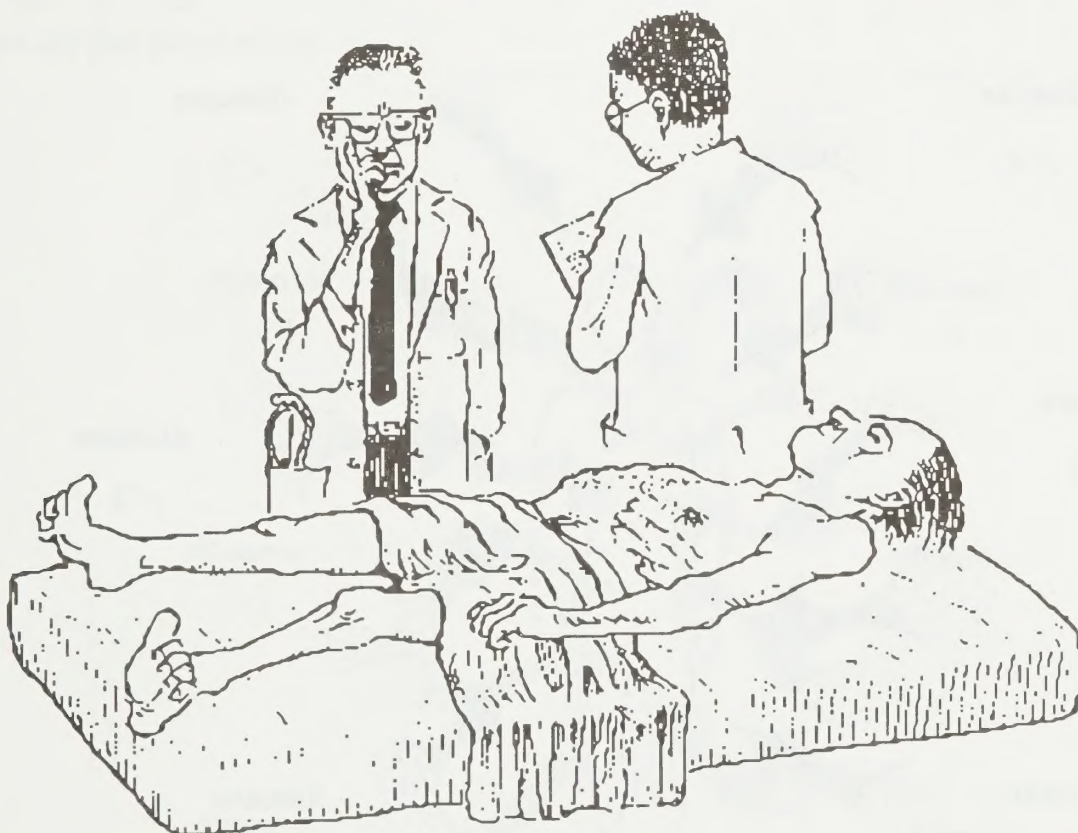
Acquired Immune Deficiency Syndrome (AIDS)

^AIDS  
(illness + AIDS)

Many **people** are talking about a **sexually transmitted disease** that has recently been discovered. No one **knows** how long **people** have been getting the **disease**. **Doctors** are not sure where the **disease** began. What they do **know** is that this is a very **dangerous disease**. It is called **AIDS**.

^AIDS    ^    v    v  
⊕    ×    △    ^ ^ .

AIDS is (a) very dangerous sexually transmitted disease.



## AIDS

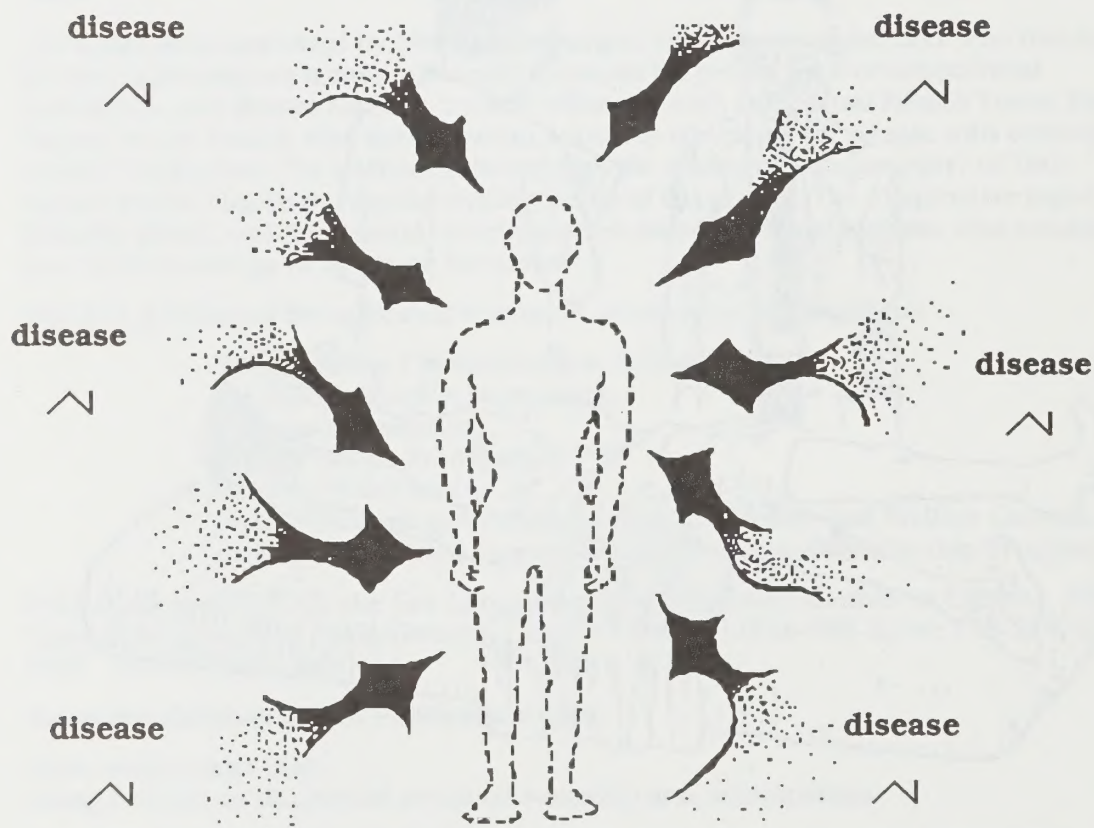
^AIDS

(illness + AIDS)

**AIDS** means **Acquired Immune Deficiency Sndrome**. It is caused by a **virus** which is a type of germ. This germ makes a **person** sick in an unusual way. It affects **people** so that their bodies can't fight off other **illnesses**.

^AIDS /  $\perp_+$  ^ « ^.

AIDS destroys (a) person's protection against illness.



(To) Die



(death + action indicator)

The individual who has **AIDS** will get **diseases** that a **healthy person** would not get. One of these **diseases** will eventually kill that **person**. There is no **cure** for **AIDS**.

$\perp \hat{=} \wedge_{\text{AIDS}} \downarrow \wedge^{\times} \check{4} \perp -! \downarrow^{\hat{}}$

(A) person having AIDS gets diseases (a) healthy person does not get.

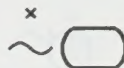
$\times | \cdot \odot \perp \odot$

Eventually (the) person will die.





## Body Fluids

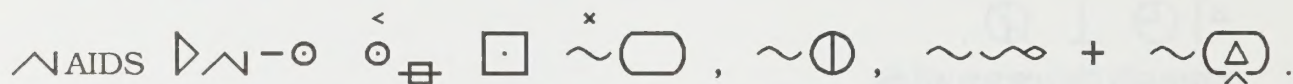


(liquid + body + plural indicator)

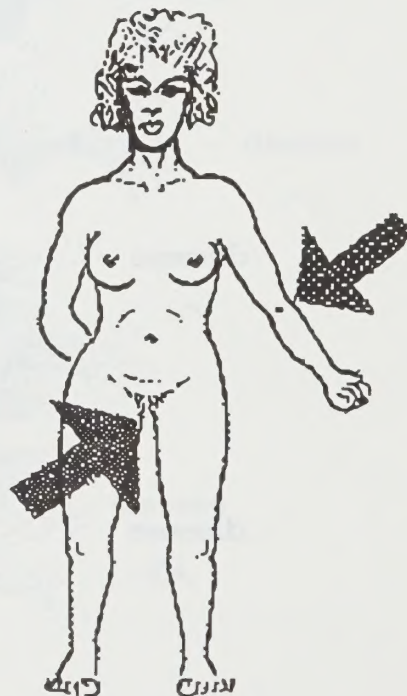
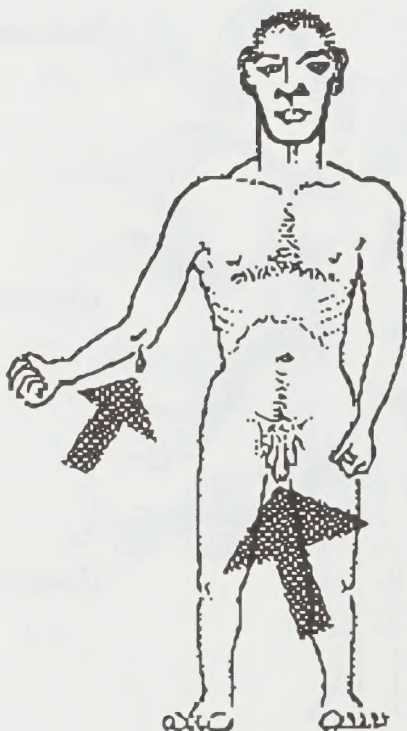
Fortunately **AIDS** is hard to catch. There are only a few ways that a **person** can get it. The **virus** is found in **body fluids** such as **blood**, **semen** and **vaginal fluid**.



It is difficult to get AIDS.



(The) AIDS virus is found in body fluids, blood, semen and vaginal fluid.



## Sexual Intercourse

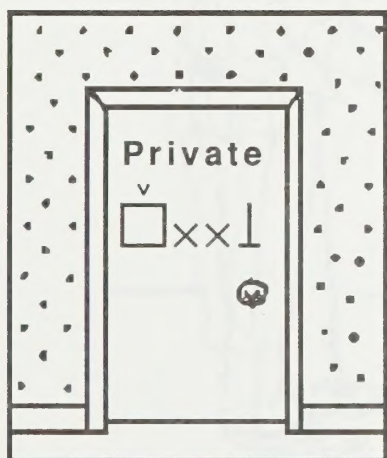
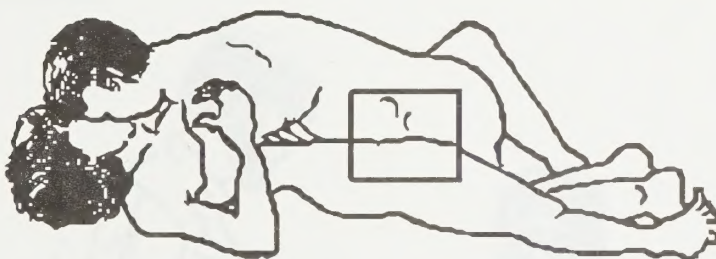


(to combine + genitals)

One way to catch the **disease** is if a **person** has **sexual intercourse** with someone who is infected with the **virus**. A **woman** is exposed to a **man's semen** and a **man** is exposed to a **woman's vaginal fluids**.



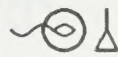
Having sexual intercourse with someone having AIDS can cause (the) disease.







## Pregnancy

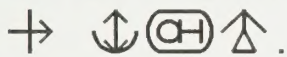


(conception + woman)

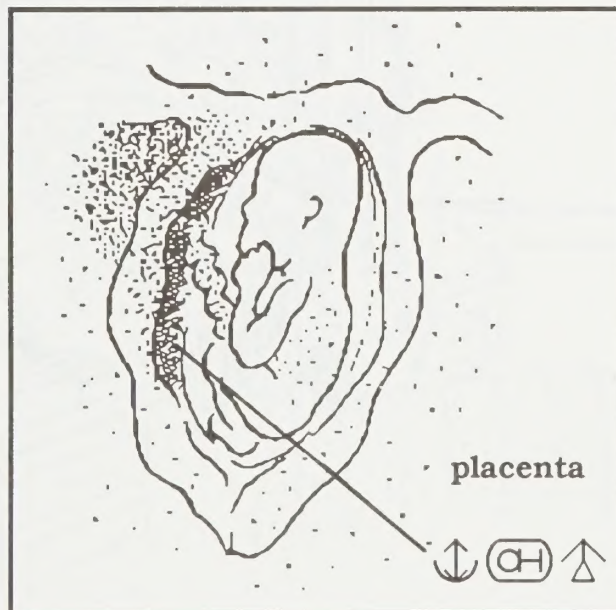
Another way is if a **woman** has the **AIDS virus** when she is **pregnant**. She can give the **virus** to her **baby**. During **pregnancy** the fetus receives **food** and oxygen from the mother's **blood** through the **placenta**. The **baby** may be exposed to the **virus** at this time.



(A) pregnant woman having AIDS can give AIDS to her baby



through (the) placenta.







Without

—

(subtraction [half-sized])

Knowing



(to know + action indicator)

A **person** who avoids all of these dangers cannot get the **AIDS virus**. Unfortunately, there is one major problem. Most of the **people** who have been infected with the **AIDS virus** do not **know** it. This is because the **virus** lives for a long time, even years, in a **person's body** before the **person** appears to be sick.

$\overset{\vee}{\times}$   $\overset{\times}{\perp}$   $\overset{\wedge}{\pm}$   $\triangleright \wedge - \odot$   $-$   $\overset{\wedge}{\cap}$   $\times$   $\overset{\times}{\perp}_3$   $\overset{\wedge}{\rightarrow} \odot$   $\wedge$   $\times \mid \odot$

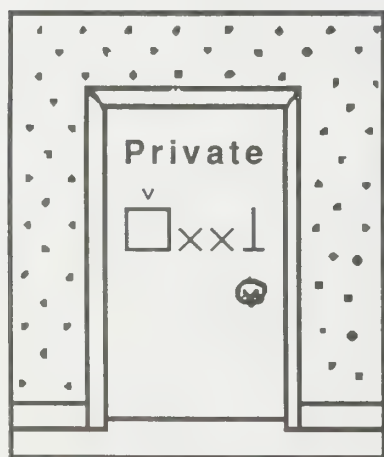
Most people have (the) virus without knowing until they become sick later.



Therefore **people** who appear **healthy** may be spreading **AIDS** without **knowing** it.

$\overset{x}{\perp} \hat{\odot} ? \overset{v}{4} \overset{\wedge}{\cdot} \overset{\wedge}{\vee} \hat{\uparrow} \wedge_{\text{AIDS}} \times \overset{x}{\mid}_2 - \hat{\square}.$

People seeming healthy can be giving AIDS to others without knowing





Different

$\neq$

(to cross out + same)

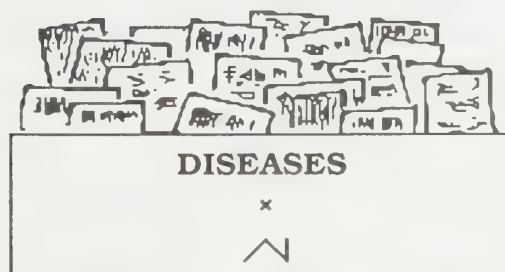
Many **people** are now worried about getting the **AIDS virus**. It is **important** to **understand** that it is **different** from other **viruses** such as those which cause colds or flu. **AIDS** is not passed on to other **people** in the same ways.

$\perp \quad \hat{\leftarrow} \quad > \quad \downarrow \quad \wedge \text{AIDS}$

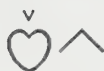
People worry about getting AIDS.

$\wedge \text{AIDS} \quad \hat{\Phi} \quad \vee \quad \times \quad \neq \quad \setminus \quad \wedge$

AIDS is very different (from) any diseases.



Safe



(feeling + protection + description indicator)

Certain activities are **safe**. A **person** cannot catch **AIDS** by doing these.



(A) person cannot get AIDS doing these safe activities.





Hugging



(arm + around + action indicator)

Kissing



(mouth + mouth + action description indicator)

**Hugging** and **kissing** are **safe**.

Hugging and kissing are safe.



Needle



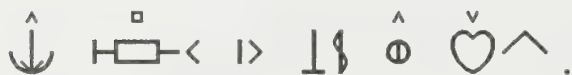
(syringe + pointer, to needle)

Doctor



(person + medical)

Getting a **needle** from the **doctor** is **safe**.



Getting (a) needle from (the) doctor is safe.





## Sharing Food

$$\begin{array}{c} \wedge \\ \pm | + | \quad \underline{\circ} \end{array}$$

**Sharing food is safe.**

$$\begin{array}{c} \wedge \\ \pm | + | \quad \underline{\circ} \quad \hat{\Phi} \quad \heartsuit \quad \wedge \end{array} .$$

Sharing food is safe.



Touching



(hand + action indicator)

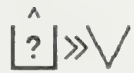
**Touching** another's **body** is **safe**.



Touching another's body is safe.



(To) Test



(question + for (the purpose of)  
+ evaluation + action indicator)

Blood



(liquid + life)

Today some **people** worry they have **AIDS**. They may want to ask a **doctor** to **test** their **blood** to find out if they have the **virus** in their **body**.

$\overset{x}{\perp} \overset{\wedge}{\curvearrowleft} \overset{x}{\perp}_3 \overset{\wedge}{\pm} \wedge_{\text{AIDS}} \heartsuit \} \boxed{?} \perp \} \boxed{?} \gg \vee \overset{x}{\perp}_3 + \sim \textcircled{\perp} .$

People worrying they have AIDS may want to ask (the) doctor to test their blood.





## Feelings



(feeling + plural indicator)

If the **blood test** shows they have had the **virus** in their **body** long enough to change their **blood**, they may feel **afraid**, **angry** or **sad** because they may get a **disease** that probably will cause their **death**.

$\overset{x}{\perp} \quad \overset{\wedge}{\downarrow} \cup \quad \overset{x}{\perp}_3 \quad \overset{\wedge}{\pm} \quad \wedge_{AIDS} \quad \overset{?}{\heartsuit} \quad \overset{v}{\heartsuit} \downarrow (?) , \quad \times \overset{v}{\heartsuit} \ll \quad \ll \quad \overset{v}{\heartsuit} \downarrow$

People learning they have AIDS may feel afraid, angry or sad

$\triangleright ? \quad \overset{x}{\perp}_3 \quad \overset{v}{?} + \quad \bigcirc \otimes$

because they probably will die.



(To) Test

 $\boxed{?} \gg \vee$ (question + for (the purpose of)  
+ evaluation + action indicator)

Blood

 $\sim \oplus$ 

(liquid + life)

The **blood test** may not show that they have had the **virus** in their **body**. This means they may need to do the **test** again later. The **virus** may live in the **body** for a long time before the **blood test** shows that it is there. Having a negative **blood test** does not mean a **person** does not have the **virus**.

 $\boxed{?} \gg \vee \sim \oplus -! \triangleright \odot \perp \hat{\pm} \wedge \text{AIDS}.$ 

Testing (the) blood may not show (a) person has AIDS.

 $\perp \nearrow \boxed{?} \gg \vee \dots \times | \cdot \odot.$ 

(The) person may need (a) test again later.

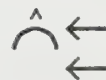


(To) Stop



(end + action indicator)

Worrying



(mind + two arrows, pointing backward)

To avoid worrying about **AIDS**, a **person** must avoid doing anything that could allow them to catch it.



(To) stop worrying about AIDS, (a) person must not do anything to get AIDS.





## Sexual Activity

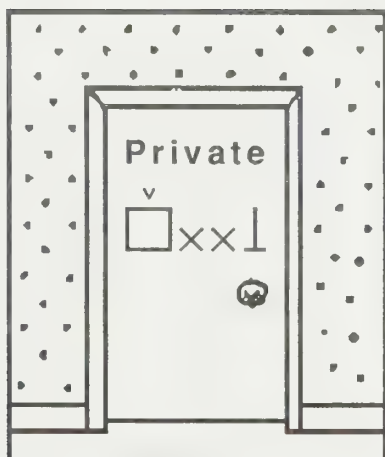
^ ^ Δ

(activity + sexual)

The **safest** way is not to have **sexual intercourse** at all. **People** can enjoy **sexual activity**, such as **kissing**, **touching** without having **intercourse**.

$$\overset{x}{\perp} \cdot \overset{\wedge}{\vee} \rightarrow \overset{\wedge}{\rightarrow} \odot \kappa + \overset{\wedge}{\heartsuit} \uparrow \nearrow \wedge \wedge \Delta.$$

People can stop having sexual intercourse and enjoy other sexual activity.



## Safer Sexual Activity

$$\times \overset{\vee}{\odot}!! \quad \wedge \wedge$$

Or they can enjoy “**safer sex**”. A **couple** can agree not to have **sexual intercourse** with anyone else. A **person** can choose a **sexual partner** who is not a **drug user**.

$$\overset{x}{\perp} \cdot \overset{\wedge}{\vee} \quad \heartsuit \uparrow \quad \times \overset{\vee}{\odot}!! \quad \wedge \wedge .$$

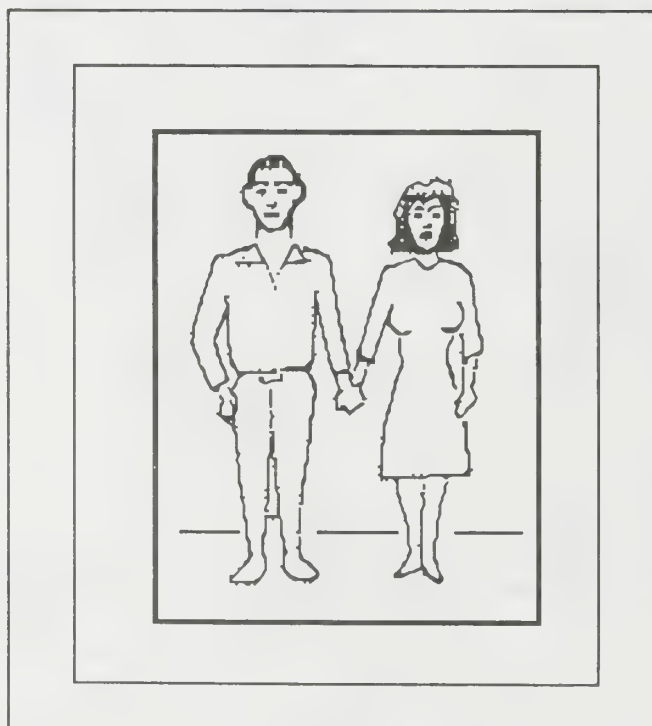
People can enjoy safer sex.

$$\perp \perp \cdot \overset{\wedge}{\vee} \quad \overset{\wedge}{\Rightarrow} \quad -! \quad \odot \sqsubseteq \quad ++ \quad \setminus \quad \overset{x}{\perp}_2 .$$

(A) couple can agree not to have sexual intercourse with any others.

$$\perp \cdot \overset{\wedge}{\vee} \quad \overset{\wedge}{\odot} \quad \overset{\vee}{\wedge} \quad \perp \pm | + | \quad , \perp \quad -! \quad \odot \quad \angle \quad \square .$$

(A) person can choose (a) sexual partner who is not (a) drug user.



Condom



(barrier contraceptive + male)

Spermicide

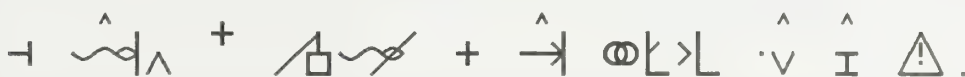


(chemical product + to destroy + sperm)

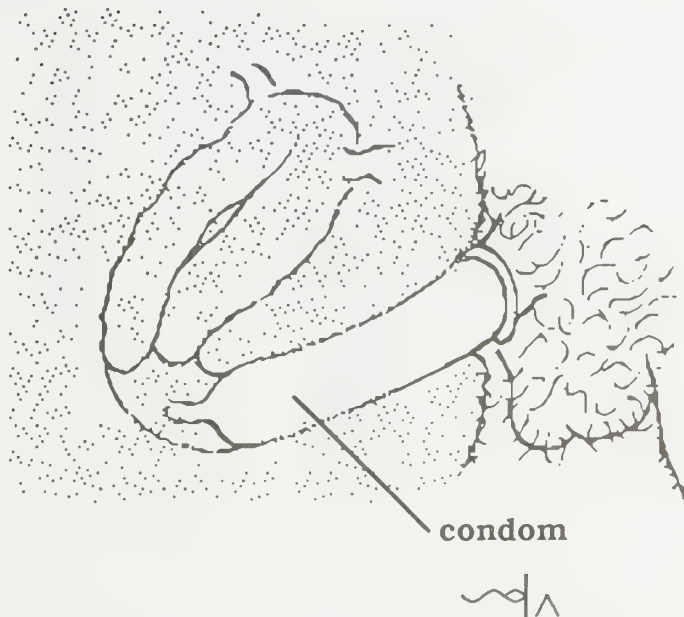
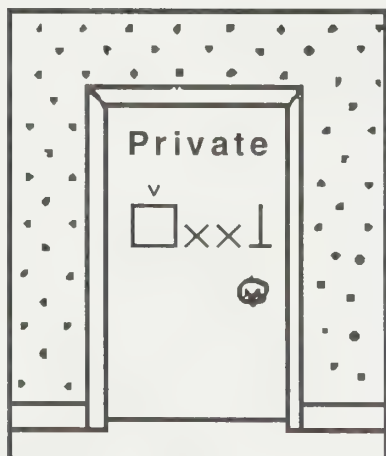
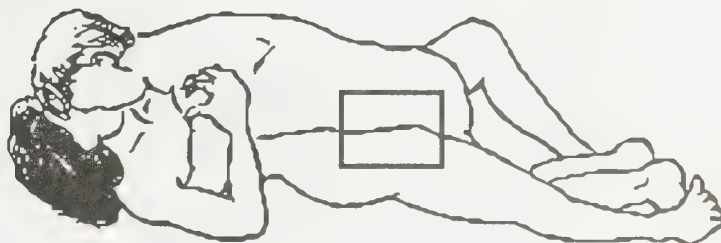
A **person** who does not agree to these things will be at risk. But a **couple** can reduce the danger by using a latex **condom** with a **spermicide** during **sexual intercourse** and by avoiding **anal intercourse**.



(A) person not doing these activities is in danger.



But using (a) condom with (a) spermicide and stopping anal intercourse can decrease (the) danger.





Soon

$\vee$   
(||)

(future + near +  
decription indicator: in the near future)

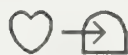
Because **AIDS** is spreading rapidly, **soon** most **people** will **know** someone who has it.

$\vee$  (||)  $\times$   $\perp$   $\cap$   $\setminus \perp$   $\pm$   $\wedge$  AIDS.

Soon most people will know someone having AIDS.

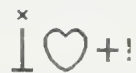


Empathy



(feeling + understanding)

Friends



(person + to like + plural indicator)

The **person** who has the **virus** needs **friends** who understand their **feelings** and opportunities to enjoy life.

$\overset{x}{\perp} \overset{\wedge}{\pm} \wedge_{AIDS} \nearrow \text{heart} \rightarrow \text{box} \mid > \overset{x}{\perp} \text{heart} + !$

People having AIDS need empathy from friends.



## Understanding



(combination of knowledge *and* into + action indicator)

There is no **cure** for **AIDS**. There are medications today that **help** the **person** with **AIDS** live longer and more comfortably. Because there is no **cure**, it is **important** to **understand** the **disease** and to prevent it.

$\hat{\downarrow} \quad \hat{\downarrow} \quad -! \quad \hat{\downarrow} \quad \hat{\downarrow} \quad \wedge \text{AIDS}.$

Important - doctors cannot cure AIDS.

$\hat{\downarrow} \quad \hat{\downarrow} \quad \hat{\downarrow} \quad \wedge \quad + \quad -! \quad \hat{\downarrow} \quad \wedge.$

People must understand (the) disease and not get (the) illness.





## Questions



(question mark + open + plural indicator)

If you have **questions** about **AIDS** or other **sexually transmitted diseases**, find someone to answer them. The **person** who gave you this book may be able to **help** by giving you more information or putting you in **touch** with an **understanding doctor** or nurse.














Important - choose someone to answer your questions about AIDS and sexually transmitted diseases.






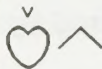
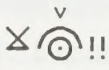




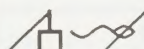

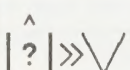






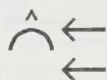
## Glossary of Key Words and Blissymbols

afraid		(sad + future + question mark + description indicator: sad about the future because of its uncertainties)	
angry		(much + feeling + opposition + description indicator: having strong feelings against someone or something)	
anal intercourse		(to combine + erect penis + anus [contraction])	
baby		(child, turned on its side: a child too young to stand)	
blood		(liquid + life: body fluid which sustains life)	
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	
condom		(barrier contraceptive + male)	
couple		(person + person)	
dangerous		(danger + description indicator)	
death		(life + to cross out: life destroyed)	
die (to)		(death + action indicator)	
different		(to cross out + same)	
disease	see illness		
doctor		(person + medical)	
empathy		(feeling + understanding)	


feeling		(the symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart)	♡
food		(mouth + earth [half-sized]: what the mouth gets from the earth)	◌
friend		(person + to like: person whom one likes)	⊥♡+!
healthy		(health + description indicator)	√ ⊥
help		(diagonal line + person: the person symbol appears to be helping the leaning line)	Λ
hug (to)		(arm + around + action indicator)	⊥ <sup>^</sup> .)
hypodermic needle		(syringe + pointer, to needle)	⊥ <sup>□</sup> →<
illness	disease	(pictograph of a person with knees drawn up in pain)	Λ
important		(mind + two intensity symbols + description indicator: of intense interest)	√ ⊥!!
intercourse	see sexual intercourse		
kiss		(mouth + mouth: two mouths touching)	∞
know (to)		(knowledge + action indicator)	⊥ <sup>^</sup>
man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	人
people		(person + plural indicator)	× ⊥
person		(the symbol suggests a human being standing, with feet turned out)	⊥


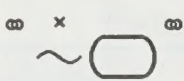
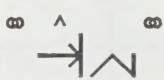
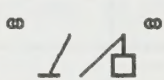
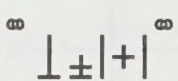
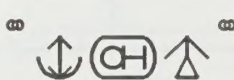


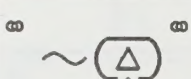
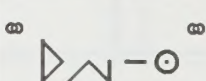


pregnancy		(conception + woman)	
question		(question mark + open: the question is open-ended)	
sad		(feeling + down + description indicator: having a downhearted feeling)	
safe		(feeling + protection + description indicator)	
safer		(more + careful + description indicator)	
sexual		(gender + description indicator)	
sexual intercourse	intercourse	(to combine + genitals)	
share (to)		(to have + together + action indicator)	
soon		(future + near + description indicator)	
spermicide		(chemical product + to destroy + sperm)	
stop (to)		(end + action indicator)	
test (to)		(question + for (the purpose of) + evaluation + action indicator)	
touch (to)		(hand + action indicator)	
understand (to)		(combination of knowledge and into + action indicator: to enter into one's store of knowledge)	
vagina		(uterus + pointer, to passage)	

woman		(a combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.) also female	
worry (to)		(mind + two arrows, pointing backward + action indicator: thinking that one is beset by opposing forces)	

## Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators  to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

AIDS	(illness + AIDS)	
body fluids	(liquid + body + plural indicator)	
cure (to)	(to stop + illness + action indicator)	
drug user	(person [modified], leaning, i.e., in need + chemical product)	
partner	(person + to share)	
placenta	(combination of container <i>and</i> to exchange + fetus + mother: organ of exchange between the fetus and the mother)	
sexual activity	(activity + sexual)	
sexually transmitted disease	(illness + sexual)	
vaginal fluid	(liquid + vagina)	
virus	(cause + illness + without + to see)	



## **Being Sexual: an illustrated series on sexuality and relationships**

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